



2015 WellBucks Programs

All Programs Require Registration through Paycor, unless otherwise noted.

Subject	Date	Time	Location	WellBuck Credits
ADHD in Children and Adolescents	4/9/2015	12:00 PM	800 Broadway 16th Floor	1.0
Asthma and Allergy Education	4/7/2015	11:30 AM	138 East Court Street (County Admin Building) Room 805	1.0
Breast Cancer Health - 3D Mammography Screening & Diagnostic Tool	5/20/2015	11:30 AM	138 East Court Street (County Admin Building) Room 805	1.0
Building Physical Activity into Your Day	4/15/2015	12:00 PM	138 East Court Street (County Admin Building) Room 805	1.0
Building Physical Activity into Your Day	5/13/2015	7:30 AM	250 William Howard Taft Road, 1st Floor - Conference Room A,B,C	1.0
Caring for Aging Parents - and Yourself	5/19/2015	11:30 AM	800 Broadway 16th Floor	1.0
College Advantage Direct 529 Savings Plan (Ohio Tuition Trust Authority)	4/23/2015	12:00 PM	138 East Court Street (County Admin Building) Room 805	0.5
Diabetes Prevention	6/3/2015	11:30 AM	222 East Central Parkway (JFS A&D Building) Room 6SE601	1.0
Effects of Salt	5/21/2015	11:30 AM	800 Broadway 16th Floor	1.0
Financial and Retirement Wellness: Ohio Deferred Compensation	5/14/2015	11:30 AM	222 East Central Parkway (JFS A&D Building) Room 6SE601	1.0
Getting Started: Walking & Running	5/5/2015	11:30 AM	138 East Court Street (County Admin Building) Room 805	1.0
Laugh It Off: Use Humor to Combat Stress	4/8/2015	9:00 AM	1000 Sycamore Street (Justice Center) South Building Courtroom B	1.0
Making Informed Food Choices	5/12/2015	11:30 AM	800 Broadway 16th Floor	1.0
Musculoskeletal & Back Health Education	6/10/2015	7:30 AM	10480 Burlington Road (Engineer) Main Garage	1.0
Musculoskeletal & Back Health Education	6/10/2015	11:30 AM	222 East Central Parkway (JFS A&D Building) Room 6SE601	1.0
Nutrition: Eat for the Health of it!	5/7/2015	7:30 AM	250 William Howard Taft Road, 2nd Floor - Large Conference Room	1.0
Nutrition: Eat for the Health of It!	5/27/2015	12:00 PM	250 William Howard Taft Road, 2nd Floor - Large Conference Room	1.0
Retirement Planning - An Action Plan for the Next Generation - CCAO	6/16/2015	11:30 AM	800 Broadway 16th floor	1.0
Retirement Wellness: VOYA Financial	4/2/2015	11:30 AM	222 East Central Parkway (JFS A&D Building) Room 6SE601	1.0
Spring into Health - Physical Activity	4/21/2015	11:30 AM	222 East Central Parkway (JFS A&D Building) Room 6SE601	1.0
Stress Awareness with Yoga	6/24/2015	11:30 AM	138 East Court Street (County Admin Building) Room 805	1.0
The Power of Positive Thinking	4/30/2015	7:30 AM	250 William Howard Taft Road, 1st Floor - Conference Room A,B,C	1.0
Tobacco - E-Cigarettes: What's the Harm?	6/11/2015	12:00 PM	138 East Court Street (County Admin Building) Room 805	1.0
Walk Across America: Workplace Challenge	Begins 4/27/2015	6 Weeks	On Your Own, Own Location	1.5